

# COUPONS! A&P

You can count on A&P to look for new ways to help you save! Thru Sat., Feb. 12—we're offering you savings you can actually add up before you even come into our stores!

**Savings are Great with A&P's DOUBLE SAVINGS COUPONS!**

MFG'S COUPON	MFG'S CENTS OFF	A&P ADDED CENTS OFF	TOTAL COUPON AT A&P
COUPON A	25*	25*	50*
COUPON B	18*	18*	36*
COUPON C	50*	50*	\$1.00
COUPON D	75*	25*	\$1.00

A&P Doubles the Savings on Mfgs. Cents-off Coupons!



A&P QUALITY HEAVY WESTERN GRAIN FED BEEF FULL CUT

## Round Steak

Bone In

# 1.99

lb.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

## Chuck Roast

Bone In

# 1.29

lb.

U.S.D.A. INSPECTED FRESH

## Fryer Leg Qtrs.

whole case only

40 lb. case

# 37¢

lb.

10 lb. pkg. or more 47¢  
Less Than 10 lbs. 57¢

## On The Front Burner

(Continued from page 6B)

- 1/2 cup cider vinegar
- 1/2 cup sugar
- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- 1/2 cup cold water
- 1/2 cup pickled ginger root, sliced

Make a frying batter of eggs, flour, water, and salt. Stir until smooth. Dip duck cubes into batter and fry, a few at a time, in deep fat heated to 350 degrees F. to 360 degrees F., until golden brown. Drain on paper towels; put into a warm dish. Make a hot sauce with boiling water, cider vinegar, and sugar, and stir until dissolved. Make a smooth mixture of the cornstarch and soy sauce with cold water, and stir into vinegar-sugar mixture. Cook, stirring over low heat until thickened. Add the ginger root, stir well, heat, and pour over fried duck or venison. Serves 6.

Growing older is a continuous process -- one that involves the total person. So feeling good about yourself isn't something that comes about in later years. It, too, is a continuing process that involves the total person.

Enjoying your age means staying in the mainstream of life through continuous learning. It means taking delight in work and through continuous learning. It means taking delight in work and play, and participating with others and showing concern for others.

Now showing concern for others takes many forms. If you have had a satisfying career, share your knowledge and perspective with others. If you've always contributed to the community, continue to do so. If you have a physical limitation, show concern for others by sharing your emotional and intellectual skills. And listening, really listening, is a very important way of showing concern for others.

Things you'll want to avoid include self-centeredness, isolation, loss of interest in others, and indifference to yourself and others.

Coping with problems as they arise, making decisions, asking for help and accepting assistance when it is needed most -- all these things will help make you feel good about yourself as you grow older.

A "funny" noise coming from a refrigerator isn't necessarily your cue to call someone in to service it.

Sometimes you can put an end to the unusual sounds -- without paying a professional.

First, make sure the strange noise is peculiar to your refrigerator model. It's normal to hear the sound of trickling water in the frostless types. And in models with built-in ice makers, you'll hear the sound of running water filling the molds, a humming noise as the ice is pushed out and then the sliding sound of ice filling a bucket.

But if your refrigerator's sound is abnormal, see if there's anything vibrating on top of the appliance. You may have to find a new place for the cookie jar or car keys if they're causing trouble.

Most refrigerators will sound a protest if they're not level. Just provide a little tender loving care, and your refrigerator should quiet down.

Refrigerators are also fussy about touching a wall. They'll make funny noises if placed too close to a wall. But you can avoid this by installing your refrigerator according to the recommendations in the service manual.

Give your refrigerator repair service and your pocketbook a break. Try to solve the problem of that strange noise yourself. Then call in professional help if needed.

A successful cooking school for men was conducted in 1982. Are you interested in learning to cook for fun or because you are your own cook? Call 875-2162 if interested. Ellen Willis, Home Economics Extension Agent will organize and conduct the classes for late winter and early spring.

**Schedule**  
Tuesday, February 15, 1983, 7:30 p.m. - Area Meeting - Mildouson, Phillippi and North Raeford Extension Homemakers Clubs.  
February 26-March 6, 1983 - Southern Living Show, Charlotte Merchandise Mart, Charlotte, N.C.

**Hint**  
Match the size of the pan to the heating element. More heat will get to the pan; less will be lost to surrounding air.

**Variety Shop Specials**

- ARMOUR (BEEF 12 OZ. 1.29)  
**Meat Franks** 12 oz. pkg. **1.19**
- A&P CHOPPED (ALL VARIETIES)  
**Chipped Meats** 2 2 1/2 oz. pkgs. **99¢**
- RUDY FARMS HOT OR MILD  
**Pork Sausage** lb. **1.89**

**Variety Shop Specials**

- COTTAGE BRAND  
**Smoked Sausage** lb. **1.29**
- U.S.D.A. INSPECTED  
**Turkey Wings** lb. **49¢**
- EXTRA LEAN SPECIAL TRIM COUNTRY FARM  
**1/4 Pork Loin Sliced** lb. **1.79**

**Meat Specials**

- A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONE-IN  
**Shoulder Roast** lb. **1.69**
- A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS  
**Beef Stew** lb. **1.99**
- A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Cubed Steak** lb. **2.99**

**SUPER SAVER COUPON**

SAVE 20¢ ON  
ELBOW MACARONI, THIN OR REGULAR  
**Mueller's Spaghetti**  
You Pay Only 15 oz. pkg. **59¢**

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #670

**SUPER SAVER COUPON**

SAVE 20¢ ON  
LONG GRAIN  
**Mahatma Rice**  
You Pay Only 5 lb. pkg. **2.09**

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #671

**SUPER SAVER COUPON**

SAVE 10¢ ON  
CHEF BOY ARDEE BEEF ARON OR  
**Spaghetti & Meat Balls**  
You Pay Only 15 oz. can **73¢**

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #672

**SUPER SAVER COUPON**

SAVE 20¢ ON  
KRAFT  
**Velveeta Cheese**  
You Pay Only 2 lb. pkg. **3.79**

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #669

**SUPER SAVER COUPON**

SAVE 20¢ ON  
25 OFF LABEL  
**Cheer Detergent**  
You Pay Only 49 oz. box **1.74**

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #677

**SUPER SAVER COUPON**

SAVE 20¢ ON  
WHITE  
**Cottonelle Tissue**  
You Pay Only 8 roll pkg. **1.69**

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #676

**SUPER SAVER COUPON**

SAVE 20¢ ON  
**Kleenex Huggies**  
You Pay Only 319

GOOD THRU SAT. FEB. 12 AT A&P. LIMIT ONE WITH COUPON AND 7.50 ORDER. #674

HEADLESS AND  
**Dressed Whiting**  
(LB. 69¢) 5 lb. box **2.99**

TALMADGE FARMS  
**Chicken Franks**  
or Bologna 12 oz. pkg. **69¢**

CHEF PANTRY  
**Chicken Fried Patties** lb. **1.39**

**Meat Specials**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Rib Eye Steak**  
Boneless lb. **3.99**

**Meat Specials**  
A&P QUALITY FRESH  
**Ground Chuck**  
3 lbs. or more lb. **1.79**

**Poultry Specials**  
U.S.D.A. INSPECTED FRESH  
**Box-O-Chicken** lb. **49¢**

U.S. #1 JUMBO SIZE RUSSET  
**Baking Potatoes** 3 lbs. only **1.00**

RED RIPE SALAD SIZE  
**Tomatoes** 28 oz. family pack **1.39**

**THE FARM**  
A&P  
Fresh With Quality

FOR YOUR SWEETHEART FOR VALENTINE'S DAY

SUNMAID BRAND BREAKFAST  
**Prunes** 24 oz. bag **1.29**

**Spinach** 10 oz. bag **99¢**

CALIFORNIA TENDER CRISP  
**Broccoli** large bunch **88¢**

FRESH BLOOMING  
**Potted Mums** 6 in. pot **5.99**

BEAUTIFUL  
**Potted Tulips** 6 in. pot **5.99**

ASSORTED COLORS  
**Blooming Violets** 4 in. pot **1.69**

SPRING YELLOW  
**Daffodils** 4 in. pot **2.49**

PLUS HANGING BASKETS • AZALEAS • FRESH CUT FLOWERS

FOR YOUR SALADS  
**Cucumbers** 6 for only **1.00**

NORTH CAROLINA LARGE RED  
**Rome Apples** **39¢**

CALIFORNIA CRISP SOLID ICEBERG  
**Head Lettuce** large heads **2.100**

FLORIDA GROWN SWEET & JUICY  
**Temple Oranges** jumbo 80 size **10.100**

EDENBOROUGH CENTER